

Fairfax County School Health Promotion November Newsletter Articles

November Energy Train: Strive to Eat 5 Fruits and Vegetables Every Day!



Newsletter and/or KIT– Very Short

Eating at least five fruits and vegetables (just 2 ½ cups) every day is an essential part of a healthy diet. Fruits and veggies should make up about half of your plate at every meal. These foods help to provide your child with more energy, the ability to concentrate and focus for longer periods of time. Fruits and vegetables are also very important for vision and skin health... the first line of defense against germs that can make you sick. Try a new fruit or vegetable this month and have your child(ren) help you make the choice. Kids are more likely to try a new food if they choose and help prepare it. More ideas for kid friendly tips and nutritious menus can be found at <http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html>.

Newsletter - Short

Eating at least five fruits and vegetables every day is an essential part of a healthy diet. They are packed with vitamins, minerals and fiber and may reduce heart disease, high blood pressure and some types of cancer. Increasing fruits and vegetables in our diets can also help our waist lines since they are generally low in calories, fat and help you feel full.

Here are five tips to help your family eat five fruits and veggies each day:

1. **Make it easy!** Keep fruits and vegetables on the counter where kids can easily reach them. Try buying pre-packaged snacks like unsweetened applesauce or fruit in its natural juices.
2. **Let your kids help!** Let them help you shop for produce and prepare it.
3. **Make it fun!** Try cutting fruit and veggies into shapes using cookie cutters or eating them as a kebob. Kids love to dunk so try dips like hummus or salsa paired with whole-wheat crackers or veggies.
4. **Try a new fruit or vegetable!** Introduce a new fruit or vegetable to your child to add variety.
5. **Keep trying!** Got a picky eater? Research shows that it may take 10-12 times for a child to accept a new food.



More ideas for kid friendly tips and nutritious menus can be found at <http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html>.

References:

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